



## BONES 2: BONES AND OSTEOPOROSIS EDUCATION

### *"The Bone Zone"*

#### First Grade

- The MORE HEALTH website is equipped with a classroom TEACHER section. Here you will find pre- and post-visit activities, vocabulary words, and in many cases pre- and post-visit videos.
- Visit [morehealthinc.org](https://www.morehealthinc.org) - <https://www.morehealthinc.org/teachers/>
- Password: resources

#### Pre-Visit Activities

- Introduce the word "skeleton." Tell the students that they are going to begin to study the part of the human body that is inside them and gives them their shape. Discuss with the students that their skeleton is made up of all their bones.
- Click the link to show video: *How Bones Work (5:10 minutes)* <http://kidshealth.org/en/kids/ssmovie.html?WT.ac=ctg#catmovies>. If time permits, there are activities and a quiz associated with the video on the website.
- Read the book: *Skeletons* by Lily Wood. In the *kidshealth* video referenced above, the students learned the answer to "how many bones are in their skeleton?" - the book states over 200 – please remind them it is exactly (206). As a follow-up, have students write the numeral **206** and the words **Two Hundred Six**.
- Review enclosed Vocabulary. Students do not need to have a working knowledge of the terms, rather a beginning familiarity.

#### Suggested Post-Visit Activities

- Students can make a poster or bulletin board of foods and activities (exercise, sports, etc.) that are good for building strong, healthy bones. They could cut out pictures of the foods or draw their own pictures. This activity could be followed by students keeping a Calcium, Vitamin D, and Exercise diary.
- Students can interview a P.E. coach to learn which activities are weight bearing and bone building. They could also set a goal to participate in weight bearing exercises. Have them interview the cafeteria director to explore what "bone building" foods are being served daily.
- Cut and put together the "Mr. Bones" puzzle according to the attached pattern (page 5). Students can also trace their bodies onto large sheets of paper and draw in their bones.
- Visit [www.superkidsnutrition.com](http://www.superkidsnutrition.com) for additional activities, as well as educators and parent information.

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#### Vocabulary

- **absorb<sub>v</sub>** to take in and make a part of itself
- **alcohol<sub>n</sub>** the substance in whiskey, beer, and wine that slows down bone growth
- **bone<sub>n</sub>** any of the hard pieces that are joined together to form the skeleton of a person or animal; living tissue made up of calcium
- **caffeine<sub>n</sub>** a substance found in coffee, tea, cola drinks, and chocolate; can cause loss of calcium
- **calcium<sub>n</sub>** a mineral that is needed in the diet to build strong bones and teeth
- **dairy foods<sub>n</sub>** foods that are high in calcium like milk, cheese, yogurt, and ice cream
- **disease<sub>n</sub>** a condition of not being healthy; sickness, illness
- **exercise<sub>n</sub>** active use of the body in order to make it stronger and healthier
- **fortify<sub>v</sub>** adding vitamins and minerals to food
- **helmet<sub>n</sub>** a hard covering to protect the head
- **joint<sub>n</sub>** a place where two bones are joined, usually so they can move
- **lazy<sub>adj</sub>** slow or sluggish, not willing to work or exercise
- **muscle<sub>n</sub>** the tissue in an animal's body that can be stretched or tightened to move the parts of the body
- **organ<sub>n</sub>** a part of the body that has a special purpose (heart, lungs, liver)
- **osteoporosis<sub>n</sub>** a disease that affects the bones; bones full of holes
- **preventable<sub>adj</sub>** can be stopped from happening
- **ribs<sub>n</sub>** the curved bones that are attached to the backbone and reach around to form the chest
- **safe<sub>adj</sub>** free from harm or danger
- **skeleton<sub>n</sub>** the framework of bones of a body
- **skull<sub>n</sub>** the bony framework of the head, that encloses and protects the brain
- **smoking<sub>v</sub>** the act of taking in the smoke from a cigarette, cigar, etc.; causes bone loss
- **vitamin D<sub>n</sub>** a vitamin that works with calcium in the diet to build strong bones
- **X-ray<sub>n</sub>** an invisible ray that can go through solid substances; used to study the bones and organs inside the body

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#### Goals

- Students will understand how to build strong bones to prevent osteoporosis.
- Students will have a working knowledge of the skeletal system.
- Students will recognize that skeletal injuries can be prevented.

#### Objectives

- Students will gain a basic understanding of the skeletal system using Mr. Bones and the disarticulated bones.
- Students will be able to define osteoporosis and state that it is preventable.
- Students will be able to explain that Calcium, Vitamin D, and Exercise help them build strong bones.
- Students will be able to list smoking, caffeine, alcohol, and lack of exercise as causes of “bad/weak” bones.
- Students will be able to explain the importance of protecting their bones with the proper equipment. (helmets, seatbelts, knee pads, etc.)

#### Standards

The student will...

- HE.1.B.3.2 select trusted adults and professionals who can help promote health.  
*(suggested post-visit activity)*
- HE.1.B.5.2 name healthy options to health-related issues or problems.
- HE.1.B.5.3 explain the consequences of not following rules/practices when making healthy and safe decisions.
- HE.1.C.1.1 identify healthy behaviors.
- HE.1.C.1.5 identify the correct names of human body parts.
- HE.1.P.7.1 tell about behaviors that avoid or reduce health risks.
- HE.1.P.8.1 encourage others to make positive health choices.
- ELA.1.C.4.1 participate in research to gather information to answer a question about a single topic. *(suggested post-visit activity)*
- ELA.1.V.1.1 use grade-level academic vocabulary appropriately in speaking and writing.
- PE.1.L.3.5 set physical-activity goals. *(suggested post-visit activity)*
- PE.1.L.3.6 identify the health benefits of physical activity.
- PE.1.L.4.2 identify the components of health-related physical fitness.

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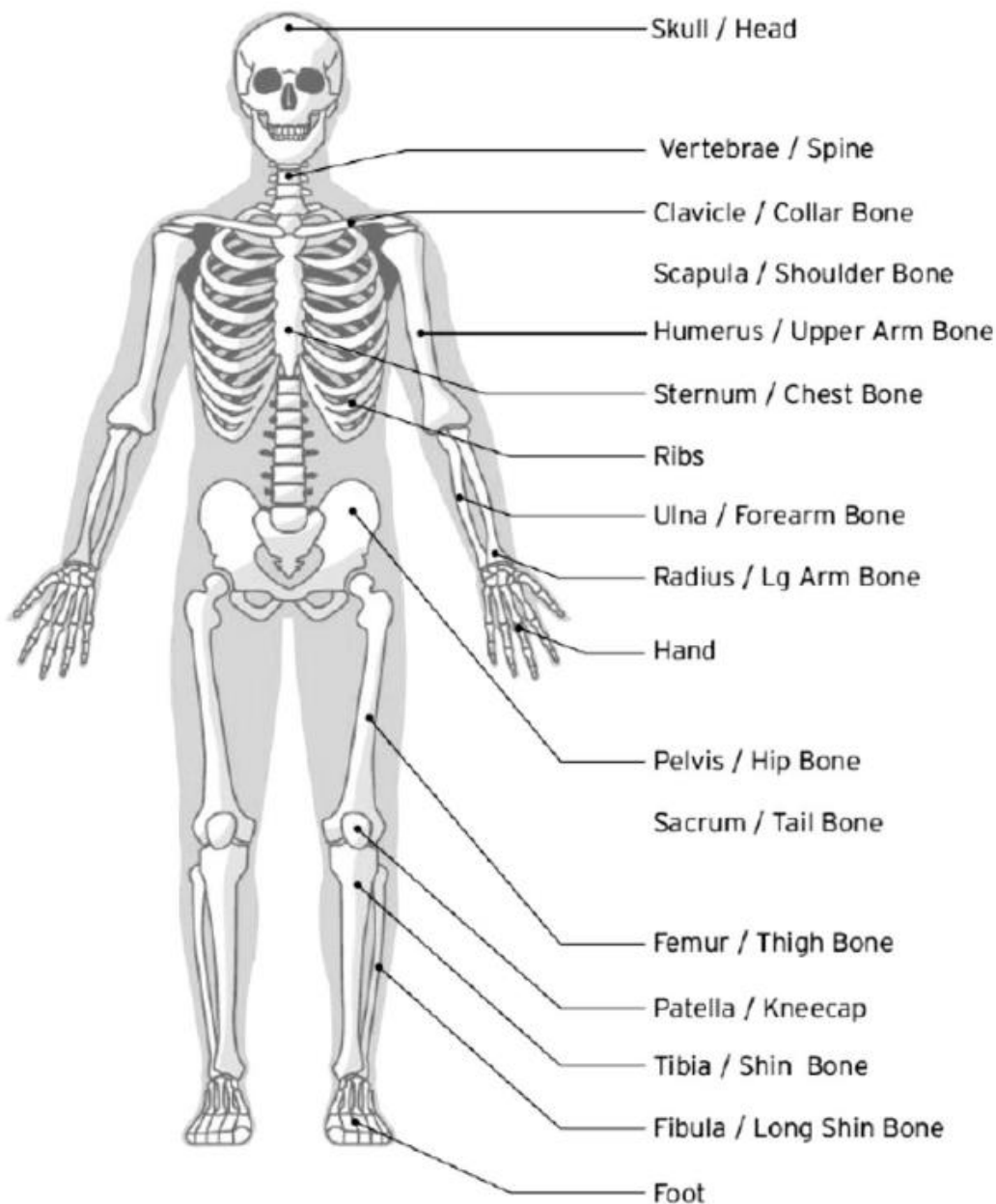


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#### Complete Skeleton Teacher Guide



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